



# Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

Co-op Closed Sept 2—Labor Day

## Local Vendor Tour: Maggie's Organics

In honor of September's Organic Month and October's Fair Trade Month, we are focusing on home-town hero, Ypsilanti's own [Maggie's Organics](#).

After learning the harsh facts of conventional cotton cultivation and garment manufacturing, Maggie's began making garments a different way, using its farmers' organic cotton. They started with socks, and then added t-shirts: simple products that would encourage the use of organic fibers in order to convert as many acres of land as possible from conventional to organic farming methods.

Once involved in the sewing side of the apparel industry, Maggie's Organics began experiencing problems with

late orders and poor quality work. So they began to spend more time in the factories, trying to solve these problems. This is when the company realized who really sews the clothes we all buy: poor and often under-



**FAIR LABOR CERTIFIED**

educated workers, mostly women. These women are paid by the piece, forcing them to stay at the same repetitive jobs for years in order to support their families, and in turn causing damage

to both their bodies and their minds.

The owners of Maggie's Organics, Bená Burda and Doug Wilson, became impassioned to find or to create an alternative. The company collaborated on the founding of the Fair Trade Zone, a 100% worker-owned sewing co-op in Nueva Vida, Nicaragua, which became the first worker-owned cooperative in the world to gain Free Trade Zone status!

Join us on Sept 12 to tour Maggie's Functional Organics (see EVENTS, page 4).

YFC t-shirts made by Maggie's Organics will be available in the store to purchase in September.

## YES! We Offer Canning Supplies!

- Enamel canners
- Jar lifters
- Canning funnels
- Quarts and pint jars & lids (wide mouth & regular)
- Jelly jars
- French canning jars
- Fancy vinegar bottles
- Pectin
- ClearJell
- Ball Blue Book
- and much more!



# Heritage Festival Report

—By Corinne Sikorski, General Manager



Solar Ypsi Exhibit at the 2013 Heritage Festival in Riverside Park

This was YFC's 7th year working in conjunction with EMU's Green Tent, and our 32nd year at the Ypsilanti Heritage Festival! The Green Tent is a showcase of environmental information on stormwater management and pollution prevention. The Coop's booth

emphasized healthy food access and sustainability; we sold local fruit including apples, peaches, & cherries, plus bananas (organic, not local). Our sales were \$1,036.75; the best sales ever!

Dave Strenski for Solar Ypsi set up their own installment nearby, tied it into the DTE grid, and supplied power used by the festival for the weekend!

YFC donated potato and pasta salads for the Ypsilanti Heritage Foundation volunteer supper, among other donations. Bagged Lunches for Green Tent volunteers were purchased for \$130.00 in deli and bakery sales, plus \$50.45 in fruit, pop and lunches were donated to the Green Tent. Freighthouse Café Sales were \$278.00.

The Co-op was on the festival Garden

Tour, featuring our Honey Bee Alley and the River of Iris. The sponsoring Ypsi Garden Club purchased deli sandwiches for their party.

The Festival grand opening celebration, was attended by Liz Dahl MacGregor and Corinne Sikorski, and cost \$80.00.

A parade unit was organized by Growing Hope to include sustainability organizations in Ypsi: Growing Hope, the Ypsi Food Co-op, Bike Ypsi, Abundant Michigan-Permaculture Ypsi. Participants from the Co-op included produce manager Jen, with her yellow Mini Cooper, volunteer Jamie, and coordinator Josie all dressed as honeybees!



## Non-GMO Month Coming in October

—from <http://www.nongmomonth.org/>

Non-GMO Month was created by the Non-GMO Project to raise awareness of Genetically Modified Organisms. Organizations and citizens across North America are waking up to the failure of GMO technology, and discovering the risks GMO foods pose to our health, our families, and our planet.

Non-GMO Month is an opportunity to coordinate our voices and actions, so that we can stand up loudly and clearly for our right to know what's in our food, and to choose non-GMO.

Protecting consumer choice and a non-GMO food supply require a multi-faceted approach and lots of team

work. Together, we make Non-GMO Month happen by creating and participating in events, and spreading the word to others.

To get involved: check out the website, participate in the Co-op promotions, and pledge to choose Non-GMO Project Verified foods for the month of October.

# Festival of the Honeybee

Celebrate honeybees September 6-7-8th, 2013. Volunteers from Ypsi Melissa are organizing this celebration featuring art and music, honey tasting, activities for kids, vendors, an urban hive bike tour, and more!

Fri, 9/6 6pm - BEE\*ART\*SHOW & Artist's Reception at Bona Sera Cafe, 200 W Michigan, Ypsi

Sat, 9/7 1-4pm - BUSY\*BEES for families with bee-related crafts, honey, the waggle dance, FLY art activities, and more at the Downtown Ypsi Library - Library Plaza, 229 W Michigan, Ypsilanti, MI 48197

Sat, 9/7 4-5 pm - SPEAK\*OUT with bee-related songs, poetry, essays, and more at Library Plaza.

Sat, 9/7 8pm on... - SHAKE\*WAGGLE\*TREMBLE - Dance party and live bands w/special pours by local meadery at Cafe Ollie's, 42 E Cross St, Ypsi

Sun, 9/8 2-9pm - BEES\*N\*BEER Halcyon Sundaze with Ypsi honey beer, live painting, hive raffle, vendors selling candles, beeswax, balms, teas, etc. BIKE\*TO\*BEES tour of urban hives starts 2pm, co-sponsored by **YFC's Local Honey Project**. Corner Brewery, 720 Norris St, Ypsilanti.

More info: [facebook.com/FestivaloftheHoneyBee](https://facebook.com/FestivaloftheHoneyBee)  
Email: [ypsimelissabees@gmail.com](mailto:ypsimelissabees@gmail.com)

## September is Organic Harvest Month

- ♥ September is **Organic Harvest Month**. The Co-op will be offering Equal Exchange Bulk Fair Trade Coffee on sale throughout the month. Sale excludes decaf coffee.
- ♥ Watch our Facebook page, website, and in-store fliers for other events related to Organic Month!

♥ [ypsifoodcoop.org](http://ypsifoodcoop.org)

# A Peek at Produce: Apples!

Our trusted sources tell us that, despite being a few weeks later than usual, the Michigan apple crop is bountiful this year. Last fall, the crop devastation was so severe that we got zero apples from our two largest suppliers: Karpo Farms (Tipton, MI) and Almar Orchards (Flushing, MI).

In August, we started receiving apples from Karpo Farms. Their early varieties like Paula Red, Williams Pride, and Red

Free tend to be tarter than later favorites like Gala, Fuji, and Jonagold, whose flavor and sugar content are enhanced by colder weather. If you're looking for a sweet apple, your patience will be rewarded!

We're also looking forward to Almar Orchards' certified organic apples, which we will have in September.



—By Jen Whaley, Produce Manager

Case quantities for canning/preserving will be available on special order. For details, please contact Jen in the Produce Department by calling 734-483-1520.



## YPSILANTI FOOD CO-OP

### General Manager

Corinne Sikorski

[Corinne@ypsifoodcoop.org](mailto:Corinne@ypsifoodcoop.org)

### Editor

Lisa Marshall Bashert

[lisa@ypsifoodcoop.org](mailto:lisa@ypsifoodcoop.org)

### Special Thanks to:

Jen Whaley and all our coordinators, volunteers, and members-owners, and Board members

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# Volunteer for Board Committees!

Two committees are forming to review the 2014 Board of Directors nomination/recruitment and election procedures.

The **Nomination & Recruitment Committee** is looking for 2 employee-owners and 3 member-owners to help shape YFC. We are looking for people who love the Co-op and want to be part of its growth and its future. Together, we will develop a new application process for member-owners wishing to be part of the Board, next year and beyond. We will recruit prospective Board members and be active in running the election at the annual meeting. It requires a commitment of 2-5 hours per month up to the election. If this sounds interesting, it's easy to get involved. We are excited about the future of the Co-op and hope you are, too! Email us at [ypsifoodcoopelection@gmail.com](mailto:ypsifoodcoopelection@gmail.com). Tell us a

little about yourself, your role in the YFC, and why you want to be involved. Deadline: Sept. 8. We will let you know by 9/15.

The **Election Committee** is hoping to make improvements to the annual Board election process. The committee will be composed of 2 members of the board, Paul Fisher and David Choberka, and 5 member-owners. We still need several more members from the Co-op community who can commit to meeting approximately once per month on Wednesdays at 7pm for the next several months. We will meet to brainstorm ideas on Sept. 4 at 7pm at the Co-op offices (308 N River). If interested in serving on the committee, please send an email to Paul Fisher ([pfisher@pfisher.com](mailto:pfisher@pfisher.com)) or David Choberka ([davidchoberka@gmail.com](mailto:davidchoberka@gmail.com)).

## Monday Sept 2 Labor Day

Co-op closed for the Labor Day holiday.

## Wednesday Sept 4 7:00pm

### Board Election Committee meeting

Several more members from the Co-op community needed to serve on this committee hoping to make improvements to the annual Board election process. Enter at 308 N River.

## Saturday Sept 7 6:00-10:00pm

### Homegrown Festival

A celebration of local food in Kerrytown at the Ann Arbor Farmers Market. Visit YFC's booth and taste our honey among others.

## Sunday Sept 8

### Nomination & Recruitment Committee Sign-up

Deadline to volunteer for committee. See above article.

## Monday Sept 9 6:00-6:45pm

### New Member Orientation

"Get to Know Your Co-op!" with a short presentation and a tour of the Food Co-op. All are invited.

## Thursday Sept 12 5:00-6:30pm

### Tour Maggie's Functional Organics, 306 W Cross St, Ypsi

Join your Co-op in visiting Maggie's and learn more about the ins & outs of creating organic, fair-trade clothing from seed

to garment.

Meet there or join other cooperators at 4:45pm to walk together from YFC.

## Tues Sept 17, 7:00pm

### "DIY Mead" at the Co-op

All member/owners are invited. Alex Pettit and Matt Goebel, members of the AA Brewers Guild, will lead this workshop on making mead including equipment, varietal honeys, spices, fresh and frozen fruit.

## Friday Sept 20, Potluck 6:00pm, Film 7:00pm

### Film: "Designing Healthy Communities"

at downtown Ypsi Library, 229 W Michigan Ave, Ypsi  
Immediately following the 6pm Growing Hope Community Potluck—please bring a dish to pass! The Sustainability Film Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Ypsi. "Designing Healthy Communities" focuses on the impact of our built environment on key public health challenges – obesity, diabetes, heart disease, asthma, cancer and depression.

## Begins Friday Sept 20 through Oct 8

### Pianos 'Round Town!

Pianos will be available on the streets of downtown Ypsilanti and Depot Town for the 4th year. The Ypsi Food Co-op will host a piano out front, so come play your heart out.

Sept Events

